

Turkey Ala King³⁵

Number of Servings: 35 (236.58 g per serving)

Amount	Measure	Ingredient
4 1/4	lb	Turkey, avg, breast, w/skin, rstd
1 1/2	cup	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
4.00	cup	Onion, white, fresh, chpd
4.00	cup	Flour, all purpose, white, bleached, enrich
1.00	tsp	Spice, pepper, black
2 1/2	qt	Broth, chicken, low sod, cnd
8 1/2	cup	Milk, 1%, w/add vit A & D
9 1/2	Tbs	Peppers, bell, green, sweet, fresh, chpd
6 1/2	Tbs	Pimentos, cnd
1 1/2	cup	Mushrooms, cnd, drained, pces/slices

Nutrients per serving

Nutrition Facts	
Serving Size (237g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 180mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 21g	
Vitamin A 10%	Vitamin C 8%
Calcium 10%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

- * poundage for turkey above is for cooked EP
- * white pepper may be preferred over black pepper listed above
- * chicken broth may be prepared from low sodium or salt free chicken base or turkey may be boiled in water to obtain salt free broth
- * equal amts of other vegetables may be substituted for variety or if participants do not care for one of the vegetables

Dice cooked fresh turkey or chicken. (do not use salted product)

Melt margarine and add onions and saute until tender.

Add flour and pepper to onions. Stir and cook for 5 minutes. Add broth and milk, a little at a time at first, stirring constantly with wire whip. Cook until thickened.

Add green pepper, pimento and mushrooms to sauce.

Fold chicken gently into sauce. Heat to 170 degrees F.

1 serving is 6+oz = 2+ oz meat + grain/starch

Serve 6 oz (3/4 cup) with 6 oz ladle

If you do not have a 6 oz ladle use 1 & 1/2 #8 scoops/serving.

1 serving = 6 oz = 18 grams carbohydrate = 1 Carb Serving

Serve over biscuits, noodles or rice depending on the menu.